

INTEGRATIVE BEHAVIORAL HEALTH PROGRAM



Integrative Behavioral Health combines mental health care with primary care to address the whole person—mind and body. We believe in a holistic approach to health that includes mental, emotional, and physical well-being.

1

TALK THERAPY

2

MONTHLY CHECK-IN

3

MED MANAGEMENT



CARE PLAN CREATION

Development of a comprehensive behavioral health care plan tailored to your needs, preferences, and goals.



MEDICATION MANAGEMENT

Medication management and reconciliation for mental health-related treatments



CARE COORDINATION

Coordination of care across providers, including referrals and follow-ups after hospitalization, emergency visits, or specialist appointments.

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 Murfreesboro, TN